



Roasted Fish & Crispy Slaw Wrap

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Yield: Six wraps

Ingredients:

- 2 ½ cups red cabbage, shredded
- 2 cups white cabbage, shredded
- 1 ½ cups carrots, peeled, shredded
- 1 cup bok choy, julienne cut
- 2 Tb cilantro, chopped
- ¾ cup low-fat balsamic vin. dressing
- 1 Tb salt-free chili-lime seasoning blend
- 1 Tb extra virgin olive oil
- 6 tilapia fish filets, raw, 4 oz each
- 1 ½ cup romaine lettuce, julienne cut
- 6 whole-wheat tortillas, 8"
- 6 slices avocado, peeled, pitted, sliced
- 6 limes quarters

Directions:

1. Preheat oven to 375 °F
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw
3. Cover and refrigerate for at least 1 hour
4. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray
5. Brush fish with olive oil and sprinkle with salt-free seasoning blend
6. Roast uncovered at 375 °F for 12 minutes or until internal temperature reaches 145°F or higher and fish flakes with a fork
7. Remove fish from oven
8. **To assemble wrap:** Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

Recipe adapted from Healthy Kids Cookbook for Homes

School meal pattern contribution: 1 wrap equals 2 ¾ oz equivalent meat,
1 3/8 cup vegetable, and 1 ½ oz equivalent grains.